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Adult and Senior Care Update

Spring 2009

This is the Spring edition of the *Adult and Senior Care Update* for 2009. Our goal is to provide you with timely and relevant information. We will continue to address the relevant issues in the Community Care Licensing Division (CCLD) adult and senior care programs. In the meantime, we encourage your feedback. We hope you will share this *Update* with members of your organization as well as with others interested in adult and senior care issues.

NEW DEPUTY DIRECTOR FOR THE COMMUNITY CARE LICENSING DIVISION

Jeffrey Hiratsuka was recently appointed as the new Deputy Director of the Community Care Licensing Division. Jeff has been the Chief of the Central Operations Branch for almost eight years and has over 36 years of state government experience. He has been in management for over 15 years with the California Department of Social Services (CDSS), and has had the opportunity to work with top level managers of federal, state and county governments. He has established excellent working relationships with the wide range of advocates and provider organizations that represent licensed facilities and their occupants.

RESIDENTIAL CARE FACILITIES FOR THE ELDERLY (RCFE) EVALUATOR MANUAL UPDATES

The Senior Care Policy Unit is pleased to report that the RCFE Evaluator Manual has been updated to match the renumbering and re-titling of the RCFE regulations. Additionally, several policy sections were updated to include Regulation Interpretations of the following sections:

- 87411(c)(1)-Personnel Requirements
- 87465(h)(5)-Incidental Medical and Dental Care Services
- 87507(c)(3)-Admission Agreements
- 87633-Hospice Care for Terminally Ill Residents

UPDATE ON ADULT RESIDENTIAL FACILITY AGE REGULATIONS

As noted in the last update, the public hearing for the Adult Residential Facility (ARF) Age Regulations was held on April 15, 2009. The CDSS received only positive comments on the proposed regulations—and is now preparing to send them to the Office of

Administrative Law (OAL), which has 30 working days to review the regulations. If OAL approves the regulations, they will go to the Secretary of State's Office and become effective after 30 calendar days.

Currently, licensees of ARFs may retain, but not admit, persons 59 years of age or older without obtaining an exception. The proposed regulations will allow licensees of ARFs to both retain *and admit* persons 60 years of age or older without obtaining an exception, subject to capacity limitations and certain other criteria. To view the regulations, please go to <http://www.dss.cahwnet.gov/ord/PG1896.htm>. It is estimated that the regulations will become effective in late August or early September 2009.

RCFE CONSUMER INFORMATION INITIATIVE

The CCLD is pleased to announce a partnership with the California Health Care Foundation (CHCF) and the University of California San Francisco (UCSF). The partnership is embarking on an important new consumer initiative for licensed elder care homes. The goal of the initiative is to provide consumers with improved information for the evaluation and selection of RCFE in California.

The CHCF is generously providing the funding required for this project, through a grant which will be administered by the UCSF. The project will be 12-18 months in duration and will establish a foundation to enable the future web search of the improved RCFE consumer information. There are two primary business objectives for the project:

- To identify a standardized set of informational content, such as descriptions of the care home, the type of clients in care, and the care home services and amenities; and to develop a means to electronically capture the information that *is most essential* for an effective consumer evaluation of senior care homes. The CCLD's website at www.myccl.ca.gov will be upgraded over the next 9-12 months to enable RCFE consumer information entry by licensees or their designees.
- To develop new deficiency citation language for licensing RCFE inspection reports that will be more easily understood by both licensees and consumers. The new deficiency language will then be incorporated into the CCLD's laptop computer system supporting the licensing inspection process during the fall of 2010.

Our partnership has assembled an exceptional project staff for this effort. Teri Boughton is the project liaison from the CHCF. The project team includes Dr. Robert Newcomer, Dr. Cristina Flores and Terry Donnelly from the UCSF. The UCSF will provide grant administration and brings a wealth of expertise in RCFE information reporting. Under the auspices of UCSF, we have also secured the services of former CCLD managers Martha Mills, Dennis Walker and Victoria Cowan. The CCLD representatives provide licensing program expertise and perspective as well as knowledge of the capabilities and strategic direction of licensing information systems. CCLD has also designated Gary Palmer, Branch Chief of the CCLD Technical Assistance and Policy Branch, to provide management oversight and internal CCLD coordination with the project staff.

A project workgroup has also been established to obtain the input, perspective and guidance of interested stakeholders during the course of the project. The work group includes RCFE licensee representatives, advocates, placement specialists and unaffiliated consumers. There will be periodic work group meetings for project planning and review of project work products. To ensure project transparency and facilitate communications with anyone interested in this project, CCLD will also publish the project plan and other major project deliverables on our website at www.myccl.ca.gov.

All the members of our partnership look forward to working with you on this mutually beneficial project!

POWER OUTAGES AND FACILITY EMERGENCY PLANS

On March 1, 2009, Assembly Bill 749 became effective and added section 1569.695 to the Health and Safety Code. This new law requires facilities to have an emergency plan on file that includes specific provisions. Of those new provisions, facilities are required to have “plans for the facility to be self-reliant for a period of not less than 72 hours immediately following any emergency or disaster, including, but not limited to a long-term power failure.” For the Implementation Plan on AB 749, please see: <http://www.cclld.ca.gov/res/pdf/09APX-03.pdf>

The CCLD “Disaster Preparedness for Community Care Facilities” self-assessment guide also provides information to assist providers in planning for disasters. You can obtain copies of this guide at <http://ccl.dss.cahwnet.gov/Res/pdf/DisasterGuide.pdf>.

HEAT TIPS FOR LICENSEES

Exposure to extreme heat is potentially dangerous. It can lead to dehydration, heat exhaustion, heat stroke, and even death from the very young to the elderly and those with chronic health conditions. To help licensees keep clients/residents, facility staff and visitors safe during the summer months, providers are encouraged to review “Tips for Licensees to Prevent Heat-Related Illnesses.” This helpful tool is available on the CCLD website at www.cclld.ca.gov/res/pdf/heat.pdf.

The Governor’s Office of Emergency Services (OES) has a heat-preparedness website that provides tips and information on how to beat the heat and stay safe this summer. It includes preparedness tips, as well as links on energy conservation, phone numbers for local emergency management offices, and links to utilities statewide. In the event of a heat emergency, the OES website will also provide directions to statewide cooling centers, as well as additional news and information to keep the public safe. The site can be accessed at:
<http://www.oes.ca.gov/Operational/OESHome.nsf/ALL/AA07C0C051F70991882572f3005C15CF?OpenDocument>.

TIPS FOR SUN PROTECTION

Now that summer is here and more time is being spent outdoors, precaution needs to be taken from sun overexposure. A small amount of sun exposure is good for health, but overexposure can lead to a number of health problems. The sun produces both visible and invisible rays. The invisible rays, known as ultraviolet A (UVA) and ultraviolet B (UVB), cause most of the problems including suntan, sunburn, and sun damage.

Providers are encouraged to promote healthy outdoor summer activities for clients and residents by being “sun smart” and:

- Avoiding the sun between 10 a.m. and 4 p.m. These are the hours that the sun’s rays are the strongest. Try to schedule outdoor activities for other times of the day or limit the amount of outdoor time during these peak periods.
- Wearing protective clothing such as long-sleeved shirt, pants, a wide-brimmed hat and sunglasses when possible.
- Use caution near water and sand as they reflect the damaging rays of the sun, which can increase the chance of sunburn.
- Choosing a sunscreen with a rating of SPF 15 or higher. Use sunscreen frequently and liberally. Apply sunscreen liberally 30 minutes before going outdoors and reapply about every two hours. Use even on cloudy days. UV rays can penetrate cloud cover.

H1N1 INFLUENZA VIRUS (SWINE FLU) AND LONG TERM-CARE FACILITIES

Within the past several months there have been outbreaks of the H1N1 Influenza Virus, also known as the “Swine Flu.” People do not normally get swine flu, but human infections can and do happen. The virus is reportedly spread through coughing and sneezing. The CDSS has been working with the California Department of Public Health to help keep providers informed and educated on ways to prevent catching or spreading the virus. Additional information related to this virus can be found at <http://ccld.ca.gov/>. The [Q&A for Long-Term Care Facilities](#) provides additional information on prevention, and provides a chart comparing the differences between influenza and the common cold. As a reminder, if an outbreak occurs in the facility, licensees are to report these incidents to the licensing agency and the local public health office.

WEST NILE VIRUS (WNV) INFORMATION AND RESOURCES

With the summer months here, it’s critical to be aware of steps to take to reduce the chances that clients/residents, facility staff and visitors will be exposed to the threat of WNV. WNV is a potentially serious disease that is most often spread through the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. While most infected people either have no symptoms or flu-like symptoms, the elderly and those with compromised immune symptoms are at greatest risk for serious illness. Persons with diabetes and hypertension also appear more likely to develop serious complications from WNV. To help prevent WNV in your facility, please keep the following general tips in mind:

- Drain standing water. Mosquitoes can hatch in as little as a half-inch of water.
- Keep mosquitoes outside by installing or repairing both window and door screens
- Use effective mosquito repellent, containing ingredients such as DEET, picardin or oil of lemon eucalyptus.
- Wear long pants and sleeves outdoors when practical.
- Try to avoid being outside at dawn and dusk, when mosquitoes are most active.
- If you find a dead bird, don't handle the body with your bare hands. Please report it to the California West Nile Virus and Dead Bird Hotline at 1-877-WNV-BIRD, or online at www.westnile.ca.gov.

For additional information about WNV, including symptoms, please see the WNV fact sheet prepared by the federal Centers of Disease Control and Prevention at http://www.cdc.gov/ncidod/dvbid/westnile/wnv_factsheet.htm .

EASY ON THE SALT

According to the U.S. Department of Health and Human Services, more than two out of three adults are in groups that should eat no more than 1,500 milligrams of sodium per day. These groups include people with high blood pressure, blacks, and people over the age of 40. In 2005 and 2006, on average, Americans were eating over 3,400 milligrams of sodium a day, mainly as salt. Choosing foods lower in salt and eating more fresh fruits and vegetables can benefit everyone. At the Centers for Disease Control and Prevention, researcher Darwin Labarthe points out the risk of too much salt: "Long-term studies have shown that the level of salt intake predicts the occurrence of heart attack and strokes, and other cardiovascular complications." For more information see: <http://www.hhs.gov/news/healthbeat/2009/06/20090608a.html>.

Residents are frequently prescribed low sodium diets. As a reminder to licensees, RCFE regulations, General Food service Requirements, Section 87555(b)(7) requires that modified diets prescribed by a resident's physician as a medical necessity shall be provided.

NEW WEB SITE FOR THE ALZHEIMERS AID SOCIETY OF NORTHERN CALIFORNIA

- <http://www.alzheimersaidsocietync.org>.

STAFFING UPDATE

The Rohnert Park Licensing office is pleased to announce Elizabeth Rutana as the new Senior Care Licensing Program Manager, effective May 1, 2009. Elizabeth has worked in the CCLD since 1992 for the Child Care Program, first as a Licensing Program Analyst then as a Child Care Advocate.

ADMINISTRATOR CERTIFICATION SECTION

- **Web Updates** The Administrator Certification Section (ACS) has redesigned their website to make it easier for administrators and vendors to obtain information. CCLD

staff and licensees are encouraged to access the website at <http://cclld.ca.gov/PG471.htm>. The site is designed to answer frequently asked questions, provide information on the status of renewal applications, provide a list of approved continuing education courses, and a list of active administrators.

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- **Administrator Certificate Renewal – General Information** ACS does not accept First Aid/CPR courses for renewal as this is an ongoing requirement for direct care staff. ACP will accept repeat courses as long as they are not duplicated within the two year renewal period. Also, RCFE administrators must complete eight hours of Alzheimer's/dementia training during each biennial renewal period. If an administrator renews their certificate after the expiration date, the total fee is \$300.00. There are no provisions within the regulations for ACS to grant an extension.
- **AB 2609** Effective January 1, 2008, California Health & Safety Code § 1569.69 require that each RCFE ensure that facility employees who assist residents with the self-administration of medications meets specific training requirements. *ACS will not approve continuing education training courses that indicate they will satisfy the requirements specified in Assembly Bill 2609.* Administrators should contact their local licensing Regional Office regarding compliance.
- **ACS Course Monitoring and Complaint Investigations** ACS staff continues to make unannounced course monitoring visits to approved vendor training courses. During these visits, ACS staff ensures that courses are taught as approved and may interview administrators about the course content, sign in and sign out procedures, and other procedural issues. If there are any concerns regarding any training courses, please contact the vendor analyst or the manager of the Administrator Certification Section on the web or at the main number (916) 324-3755.

SUMMARY

If you have questions about this *Update* or suggestions for future topics, please contact Gary Levenson-Palmer, Chief of the Technical Assistance and Policy Branch, at (916) 324-4312. Please visit our website at www.cclld.ca.gov for copies of *Updates*, office locations, provider letters, regulations, or to learn more about licensing services. Statistical information on the number and type of facilities licensed by CCLD are updated monthly and available on our website at: <http://cclld.ca.gov/PG833.htm>.

Sincerely,

Original Signed By Jeffrey Hiratsuka

JEFFREY HIRATSUKA
Deputy Director
Community Care Licensing Division